



Talkin' Back



ARMY RESERVE TEEN PANEL NEWSLETTER FALL 2014

INSIDE THIS ISSUE:

Inaugural Meeting	2
Service-Learning Project	3
Tips to Ace an Interview	4
Advisor Perspective	5
ARTP Word Search	6
Saying Farewell	7
ARTP Advisor Information	8

The members of the Army Reserve Teen Panel play a critical role in supporting the Army Reserve. They not only serve as liaisons between Army Reserve Teens and Army Reserve Leadership but they serve as peer mentors. The members of the Army Reserve Teen Panel are a group of carefully selected teens who have shown dedication to their communities and interest in their commands. These teens submitted a lengthy application and participated in a phone interview in order to be considered for invitation to The Panel. As a Junior Advisor, I was skeptical about seeing a new group of teens join The Panel. After all, the only panel I had known were the teens I joined with. After I met the new group of members I knew that they were just as hard working and dedicated as the previous members. The new Army Reserve Teen Panel members hit the ground running. The new teens are enthusiastic and ready to help not only in their commands, but in serving Army Reserve Youth any way they can. Many Army Reserve Teen Panel members have already attended Youth Leadership, Education, and Development Summits this year as a liaison between the Army Reserve Teens and The Panel. They have also undergone extensive training to be Junior Advisors to their peers and other Army Reserve Teens. The members of The Panel are also required to fulfill a certain amount of community

throughout their term. The working groups are the Social Media Group, the Newsletter Group, The Book Group, and the ARTP briefing group. The Social Media Group will be in charge of our Twitter, Instagram, and Facebook pages. The Social Media Group will post about events that the Army Reserve Teen Panel member have participated in such as annual meetings, Yellow Ribbon Events and Youth Leadership, Education, and Development Summits. The Newsletter Group is in charge of revamping the newsletter and getting the information that we think is important out into the community. The members work diligently to come up with amazing articles. The Book Group is working on a book that will be similar to the popular teen book, Chicken Soup for the Soul. The book will be a compilation of experiences from the point of view of Army Reserve Teens. It will serve to let other Army Reserve teens know that we all have similar experiences and that they are not alone. And last but not least we have the ARTP Briefing Group. They all work together to come up with a universal PowerPoint briefing to be used at Yellow Ribbon Events Family Days, Youth Leadership, Education and Development Summits, and similar events. This briefing will allow people to understand the purpose of the Army Reserve Teen Panel and what we do.

As a Junior Advisor I cannot wait to see what these teens develop over the next couple of years. I know that they will work their hardest and be excellent representatives in not only their community but their commands as well.

During our last meeting the new members came up with working groups that they will be helping with

Article written by Cydney R.
Junior Advisor



The Inaugural Meeting

One Teens Perspective

23-27 June 2014

Raleigh, NC

When I first applied for the ARTP I didn't know what to expect. I wasn't sure how the other participants were going to act towards me or what I was expected to do. Altogether I was a bit unsure of everything. But, the inaugural in Raleigh, North Carolina absolutely changed my whole perspective of the Army Reserve Teen Panel. The Adult Advisors treated us as if we were young adults instead of children and the other participants were absolutely incredible as they welcomed me and the other new participants with open arms and treated us as if we've known each other for years. I was afraid I would be considered an outcast but that was not the case whatsoever. Everyone was respectful of each other and treated each other as a big family. We all worked together as a team and created a bond at the same time. Not only that, but I was able to meet other teens that had similar goals as me in life and extraordinary personalities.

Although we had fun playing energizers and participating in team building activities, we still knew when to sit down and be serious about the situation at hand. When we were asked to complete a task, the job was already considered done. There were no complaints or protests as everyone knew the difference between having fun and bonding and calming down and being serious. The amazing part was that everyone wanted to participate. Even when we didn't know what we were being asked to do yet, everyone was already raising their hands to volunteer. Everyone wanted to participate or had something to contribute to the discussion. There was never a moment when the adult teaching the lesson had to pick someone at random because we all had something to say! This was definitely an amazing sight to see as I'm not used to seeing teenagers ready to participate and volunteer for anything.

ARTP requires hard work and dedication, but the teens on this Panel make it all worth it as well as the Adult Advisors who try their best to make this an unforgettable experience while making a change at the same time. I don't regret joining this teen panel one bit. I have met so many new friends and learned incredible skills and characteristics of myself and of others. I discovered things I didn't know I was capable of and I learned how to be a leader. On top of learning how to be responsible and making new friends, I slowly started to become more of a young adult rather than a teenager. The ARTP meeting in Raleigh, North Carolina was a phenomenal experience and I absolutely cannot wait until the next meeting.

Article written by Shiane F.

Service-Learning Project

Stop Hunger Now: Rice Goes Last

Army Reserve Teens participate in a service-learning project at every Army Reserve Teen Panel meeting as a way to apply what we have learned in our workshops and connect it with a service component. During our time in Raleigh, North Carolina at the Inaugural meeting, the ARTP packaged over 6,400+ meals to be sent around the world. Upon arrival we received a briefing on what the organization Stop Hunger Now was all about. Unlike similar organizations, the mission of Stop Hunger Now is to completely eradicate hunger in our lifetime instead of being a hunger relief organization.

The program manager, Mr. Darron Stover, was so passionate about the cause which had us all feeling as if we could eradicate hunger then and there. Our task was simple. We had three stations arranging the meals. In the first station, we packaged vitamins, soy, vegetables, and rice (the biggest rule was rice goes last). From there, the package went to the next station where it was weighed and sealed the meal. At the final station, the meal was ready to be packaged and sent across the world. During all of this music blared throughout the warehouse. You could feel the energy and see the smiles and teamwork throughout.

This service learning project left us all wanting to do more. As well as helping eradicate world hunger, ARTP members learned more about each other and created closer and stronger bonds. The ARTP strives to make a difference in people's lives and we accomplished our goal here.



Article written by Bryan S.

Tips to ace an Interview



We all know how the saying goes, “You never get a second change at a first impression”, and it’s very true. Nowadays, when interviewing for a job, the way you look could leave a bigger impression on a potential employer than your actual resumé. That’s why it’s very important to know how to “look the part” so you can ace the interview.

When going in for a interview, you always want to dress so that you leave a good image in an employer’s mind. When picking an outfit to wear, think of the three C’s: “Classy, Conservative, and Confidence”. Try to pick clothing that represents who you are well. Next, try to pick clothing that isn’t exposing, and covers the skin. Finally, and most importantly, pick clothing that you feel confident in. A study found that dressing nicely increases one’s

confidence by astronomical numbers.

A big thought you want to keep in mind is the type of job you are applying for, and dress towards that direction. For example, you wouldn’t wear a suit and tie to apply for a job at a tattoo parlor, just like you wouldn’t wear jeans and a ripped shirt to apply for a

job at a law firm. Always look “the part”. Do your research and wear what you think would be an appropriate outfit for the environment you’re going into.



If you want to go for an upscale look, you can never go wrong with a pant suit and tie. The great thing about suits are, if you’re too dressed up for an interview, you can always take your suit jacket off. If you’re under dressed, you can always put your jacket back on. If you’re going for a more casual look, wearing a tucked-in polo shirt with a belt and khakis is the way to go. Men of course would wear dress shoes with both options, whereas women would wear closed toed small-heeled shoes.

Once you’re all dressed and ready to ace the interview, always remember to have confidence. You can go into an interview, and be dressed to the T, but it’s the confidence that you emit from yourself that will win your potential employer over. Just like the saying goes, “you’re never truly dressed without a smile.”

Article written by Taeisha W.



Adult Advisors Corner

A review of the Inaugural Meeting from Adult Advisor Mr. Matthew

It is always great to see the things that a young and passionate mind can develop. The Army Reserve Teen Panel (ARTP) Inaugural Meeting in Raleigh, North Carolina was no disappointment! The addition of new and outgoing members is just one of the things that make the inaugural ARTP meeting special. As some of our members retire or take on new roles, others step in to have their voice heard and leave their mark on our Army Reserve Community.

An explanation of the inaugural meeting in three key words would be educational, inspirational and meaningful. Like the foundation of any great structure, knowledge is the base of which all great things are built upon. The Panel members started by taking an Army Reserve Family Programs (ARFP) Volunteer orientation class that focused on what is needed and expected of an ARFP volunteer. The development communication through platform skills and personality assessments lead to the learning of how to professionally manage a group and themselves. They were able to put all this into action by selecting, planning and leading their own teambuilding exercise.

During the ARTP meeting, participants had a special opportunity to conduct a community service project that was fast paced and greatly impactful. The Panel members participated in a meal packing event conducted by Stop Hunger Now. Stop Hunger Now is a food aid organization that has distributed over 166 million lifesaving meals to global communities most needed areas over the last 15 years. The Panel spent the first half of the program learning the “nuts and bolts” of the organization; including its wide spread impact and how the organization operates with streamlined procedures and high energy packing events. When it came time to get to work, the goal was 5,000 meals. This seemed like a lofty goal to achieve in the short span of just 30 minutes. As the upbeat music played loudly, each teen did their step in the assembly line with incredible speed, ultimately crushing the 5,000 meal goal by over 1,400. Tired and inspired were the emotions derived from the Stop Hunger Now experience.

With education and inspiration in their pockets, panel members took on the task of improving their United States Army Reserve (USAR) community in meaningful ways. In an effort to get the word out about what they do, it was decided a newsletter would be released quarterly and that social media presence would be kept up to date. In an attempt to have an impact on some of the youngest members of the USAR community, The Panel members decided to develop a children’s book for Army Reserve Youth by Army Reserve Youth looking at how to cope with deployment and Army Reserve life.

Each meeting the ARTP selects issues and develops solutions they wish to bring forth. These are things that they feel would increase resilience and better the life of those in their USAR Community. Once the issues are refined, they are afforded the opportunity to present their recommendations up the chain of command. At this meeting, The Panel members were able to be heard by BG Ferdinand Irrizary, USARC G3/5/7 and Mrs. Sonia Wrigglesworth, USARC Director of Family Programs. The ARTP submitted suggestions regarding two issues, the first dealing with ID card color and how that color impacts AR Youth compared to their Active Duty counterparts. The second issue addressed the need to create a program to support/teach families how to cope during periods of extended CONUS Mobilization.

The meeting concluded as The Panel bid farewell to the members finishing up their second term. New faces have already become old friends, and the future looks bright as all the members highly anticipate their next meeting.

ARTP Word Search

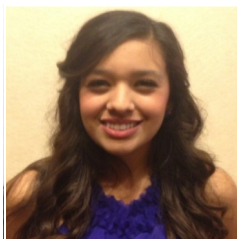
P	C	G	Q	S	Y	U	S	U	T	R	D	L	B	K
T	J	O	W	A	C	I	E	R	P	E	V	T	L	S
E	D	D	Y	D	Y	N	R	E	O	F	C	J	G	P
A	E	N	L	V	S	V	V	S	V	L	O	H	M	A
M	P	E	E	I	S	O	I	I	E	E	M	H	E	R
B	L	W	A	S	W	L	C	L	R	C	M	V	A	M
U	O	S	D	O	O	V	E	I	S	T	U	O	V	Y
I	Y	L	T	R	R	M	L	E	E	I	N	L	I	R
L	M	E	V	P	K	E	E	N	A	O	I	U	S	E
D	E	T	I	A	S	N	A	C	S	N	C	N	S	S
I	N	T	W	T	H	T	R	Y	M	V	A	T	U	E
N	T	E	V	C	O	H	N	U	A	V	T	E	E	R
G	N	R	H	J	P	A	I	G	E	Z	I	E	S	V
Q	B	E	I	X	S	R	N	H	X	F	O	R	Z	E
S	C	W	A	R	T	P	G	E	S	C	N	F	N	X

ADVISOR
ARMY RESERVE
ARTP
COMMUNICATION
CYSS
DEPLOYMENT
INVOLVMENT
ISSUES
NEWSLETTER

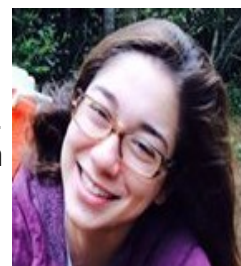
OVERSEAS
REFLECTION
RESILIENCY
SERVICE LEARNING
TEAMBUILDING
VOLUNTEER
WORKSHOPS
YLEAD

Saying Farewell

Although we welcomed many new members at this past inaugural meeting, this also meant saying goodbye to many familiar faces. We said farewell to four amazing panel members who have diligently served and represented not only their commands but the Army Reserve Teen Panel. These four will always be a part of the Army Reserve Teen Panel and their presence will be greatly missed.



Raquel S. is one of our departing panel members. Raquel represented the 80th TNG CMD and has always been a natural born leader. She knows just how to keep everybody on track and always came up with brilliant ideas while in session. Raquel is currently studying Pre-Med/Biology at Saint Mary's College.



Kyra C. represented the 335 SC and is also one of our departing members. She is an extremely hard worker and always knew how to put a smile on everyone's face. Kyra is studying Environmental Geoscience at Texas A&M and is in Army ROTC with the Corps of Cadets.



Courtney H. represented AR-MEDCOM and is also a departing member. Courtney has attended numerous YLEADS and represented the Army Reserve Teen Panel with pride. She is currently attending USMAPS where she plays soccer and plans to study political science.



Laura H. is our final departing member and she represented the 99th RSC. Laura always provided amazing guidance for The Panel and its members. Laura is currently attending Massachusetts Maritime Academy and plans on studying emergency management.

Along with these departing members, there are also four former panel members who will be taking over the role as Junior Advisors: Bethany Piehl, Ariana Ford, Emily Conely and myself, Cydney Rippel. They could not be more excited about their role as Junior Advisors and to see what this year has in store!

Although it is hard to say goodbye, these four ladies will forever be a part of the Army Reserve Teen Panel. They accomplished so much during their time with us, from building a memorial garden for a fallen soldier to revamping and modernizing the slideshows. These amazing ladies did it all with smiles on their faces. They will always be remembered for their service to The Panel and we wish them all the best in their future endeavors.

Article written by Cydney R.
Junior Advisor

For more information on ARTP, feel free to contact the Adult Advisors:



West Coast Region & Lead Advisor

Mrs. Ann Nacino
Contractor: Odyssey-TCI JV, LLC
79th SSC
4201 Saratoga Ave.
Los Alamitos, CA 90720
Phone: (562)936-7633
Email: xania.d.nacino.ctr@mail.mil

Contact Mrs. Nacino for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Midwest Region Advisor

Mr. Matthew Mundy
Contractor: Odyssey-TCI JV, LLC
416th TEC
10 S. 100 South Frontage Rd.
Darien, IL 60561-1780
Phone: (630)739-7281
Email: matthew.p.mundy.ctr@mail.mil

Contact Mr. Mundy for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Southeast Region Advisor

Ms. Kimberly Webb
Contractor: Odyssey-TCI JV, LLC
USACAPOC(A)
2175 Reilly Road, Stop A
Fort Bragg, NC 28310-5200
Phone: (910)432-5532
Email: Kimberly.c.webb6.ctr@mail.mil

Contact Ms. Webb for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Northeast Region Advisor

Ms. Ty Beck
Contractor: Odyssey-TCI JV, LLC
316th ESC
99 Soldiers Ln.
Coraopolis, PA 15108
Phone: (412)604-8202
Email: Tykisha.m.beck.ctr@mail.mil

Contact Ms. Beck for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services

**ARMY RESERVE TEEN
PANEL MISSION**

To foster communication between
Army Reserve teens and Army
Reserve leadership on issues facing
youth in today's society.

Like Us, Follow Us, Watch Us



www.facebook.com/ARteenpanel

www.twitter.com/ar_teenpanel

www.instagram.com/user/AR_teenpanel

